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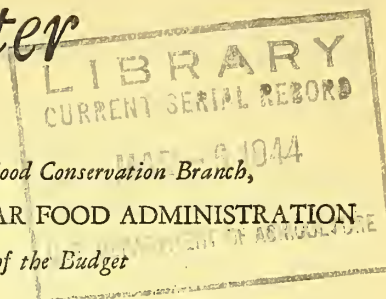
Nutrition news letter



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FOOD FIGHTS FOR FREEDOM CAMPAIGN

By the time this News Letter reaches you, the Food Fights for Freedom Campaign will be well under way. November issues of many national magazines will carry articles and editorials dealing with one or more or all of the four calls to action—produce, conserve, share, and play square with food—which form the foundation stones of the campaign. Radio networks, local stations, and national advertisers in newspapers and magazines will feature the campaign. The special campaign poster will be displayed on outdoor billboards, in telegraph offices, streetcars, busses, and other public places. Food distributors will make available in retail food stores a kitchen pin-up which will tell every citizen the specific things he can do to produce, conserve, share, and play square. This chart is called "To Speed Our Boys Home! Help shorten the war—save American lives—with a precious fighting weapon—FOOD." Under each of these items is a series of questions by which the housewife and her family can check the extent to which they are doing their part toward making food fight for freedom.

This publicity will form a back drop for the all-important work of the Citizens Food Information Committees. These committees are being set up in communities through the initiative of nutrition and consumers' committees of local defense councils and community-service representatives of local war price and rationing boards. Material has been prepared to implement the program. Copies of an over-all information pamphlet, "Food Fights for Freedom," and a mobilization guide, "How to Mobilize Your Community to Make Food Fight for Freedom," have already been sent to the regional offices, to State nutrition chairmen, and to the chairman and the secretary of county and local nutrition committees. Other material to be used in the program is now being distributed to the chairmen of Citizens Food Information Committees; consult your local chairman about materials available.

The accelerated November activities on the food front are just a prelude to the broad educational program designed to give citizens all the facts about the food situation in order to secure their understanding and cooperation. These activities will continue straight through the war and for a long time after peace is declared.

THE WAR FOOD USE PROGRAM

Nutrition committees have been asked by the War Food Administration to assume leadership for the War Food Use Program. This action program will deal with the effective utilization of foods in abundance, locating and reporting scarcities of necessary foods, and suggesting use of alternates for foods of which there is an inadequate supply. The program will grow in importance as committees demonstrate that they can function in this war activity. Its effectiveness can be measured by the extent to which food is used in a community when it is abundant or is spared when there is a shortage. Irish potatoes are in

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abundance and are designated by the War Food Administration as the Victory Food Selection, October 21 through November 6, 1943. Nutrition committee chairmen have received more detailed information on this program.

THE FOOD CONSERVATION PROGRAM REACHES SCHOOLS

A food conservation program for schools, from the lower elementary grades through junior college, is being worked out in cooperation with the U. S. Office of Education. Nutrition committees can help by cooperation at the State and local levels. Articles describing the program have been published in the June 15 and September 1 issues of Education for Victory. Notice of the program has been sent to every State Superintendent of Public Instruction and to the editor of every State Journal of Education. Professional educational associations are publicizing it to their members and private educational journals are carrying articles addressed to pupils. Several national women's organizations and fraternal lodges are asking their local clubs to support this program.

DRIED BREWER'S YEAST

Increasing interest in the use of dried brewer's yeast in the worker's diet is being shown by industrial cafeteria managers. The cafeteria manager of a large war industry was so enthusiastic about not being able to taste the yeast used in recipes that quantity recipes supplied by the regional industrial nutritionists are now being tried out in the plant. All Regional FDA offices have been supplied with information and quantity recipes for use of dried brewer's yeast with many foods and it is hoped that other plants will try them. Dried brewer's yeast is one of our richest natural sources of thiamine, riboflavin, and niacin.

"MANUAL FOR COMMUNITY ACTION ON FOOD CONSERVATION"

Test campaigns of community mobilization for food conservation work have recently been completed in the following cities: Elmira, N. Y.; New Kensington, Pa.; Charlotte, N. C.; Shreveport, La.; Lansing, Mich.; Kansas City, Mo.; and Tacoma, Wash. The ideas and experiences obtained from these tests both as to method of organization and activities carried on, are included in this manual. It will be accompanied by a kit of materials. Local civilian food information committees should find this information useful in carrying on the conservation phase of the Food Fights For Freedom program and for their long-range program. State and local nutrition committees can obtain copies of this manual through the regional offices of the Food Distribution Administration on or before November 1.

"THIS, TOO, IS SABOTAGE"

This is a dramatic, educational film showing how malnutrition casts its shadow across war-working Americans. It emphasizes that the problem applies to all occupational and age groups and explains how adequate diets can improve the health of the Nation. Narrative form is used to portray the necessity of including items from each of the Basic Seven food groups in each day's meals and shows ways in which an adequate diet can be insured despite wartime rationing. This is a 25-minute sound motion picture in 16 mm. and 35 mm. It will be loaned free to schools and colleges; nutrition, dietetics, and home economics groups; clubs, granges, farm bureaus; etc. Write to Visual Education Section, Westinghouse Electric & Manufacturing Co., Mansfield, Ohio, giving choice of dates. Prints in the 16 mm. size may be purchased for \$26.16.

A Selected List of Nutrition Articles Appearing in Monthly Publications Prepared by the Subcommittee on Educational Materials—Connecticut State Nutrition Committee. (Reprints not available from this office.)

COLLIERS

"Food that Fights" by Helena Huntington Smith. August 7, 1943, page 26.

HYGEIA

"When to Eat and Not to Eat" by Mary C. Brown. September 1943, page 656.

McCALLS

"Eat It Up, Wear It Out, Make It Do, Do Without" by Elizabeth Woods. September 1943, page 42.

THE LADIES' HOME JOURNAL

"Spend All Your Food Points?" by Louella S. Shower. September 1943, page 114.

"Let's Face the Facts About Food Shortages." October 1943, page 24.

"The Basic Seven Food Groups." October 1943, page 52.

THE COUNTRY GENTLEMAN

"Soy Sprouts—Something to Shout About" by Alvina Iverson. September 1943, page 72.

"Make the Garden Last All Winter"—U. S. Department of Agriculture. September 1943, page 20.

NEW MATERIALS—(Samples Enclosed)

"NATIONAL WARTIME NUTRITION GUIDE"—this folder described in the May News Letter is now available for distribution. It lists the seven basic food groups of essential foods with suggestions for alternates from other groups when wartime shortages occur. It also lists foods commonly used but not included in the Basic Seven because they furnish mostly calories and are low in vitamins, minerals, or good quality protein. Prepared by the Nutrition and Food Conservation Branch of the Food Distribution Administration.

"LUNCH AT SCHOOL"—this pamphlet gives the answers to questions about the school-lunch program, what assistance may be expected from the Food Distribution Administration, how rationing affects the buying of food, etc. Prepared by FDA.

"TAKE CARE OF PRESSURE CANNERS"—this folder (AWI-65), gives information on the construction, use, and care of pressure canners. Prepared by the Bureau of Human Nutrition and Home Economics.

Copies of these publications may be obtained free from the regional offices of the Food Distribution Administration.

"ADEQUATE DIETS FOR MOTHERS AND CHILDREN UNDER RATIONING"—a reprint of an article by Dr. Sarah S. Deitrick and Dr. Ruth Cowan Clouse in the October issue of The Child. It answers many questions, now being directed to the Civilian Food Requirements Branch of the War Food Administration, by suggesting foods that can be safely alternated with rationed and scarce foods to assure adequate diets. Copies are enclosed only for members of nutrition committees receiving the News Letter.

NEW MATERIALS—(Samples Not Enclosed)

"WHY FEED THE INSECTS?"—a folder (AWI-64) illustrating the food damage done by pantry pests and showing how the housewife may control them. Free copies are available from the Office of Information, U. S. Department of Agriculture.

"A REPORT ON MARGARINE"—a comprehensive report prepared by the Committee on Fats of the National Research Council which will be useful to nutrition chairmen and others interested in reference material of a technical nature. Copies are being sent to State nutrition chairmen. Single copies may be obtained free from the Food and Nutrition Board, National Research Council, Washington, D. C.

"PREPARING HOME GROWN VEGETABLES AND FRUITS FOR FREEZING"—a leaflet issued by the Bureau of Agricultural and Industrial Chemistry giving full directions for preparing, blanching, and packaging fruits and vegetables for freezing. Copies are being sent to State nutrition chairmen. Single copies will be furnished free by the Office of Information, Department of Agriculture.

"THE FOOD WE LIVE BY" (revised June 1943)—the first edition of this booklet, enclosed with the December 1942 News Letter and distributed to nutrition committees, proved to be very popular and successful, particularly with school children. Additional copies for use by nutrition committees may be obtained free from the regional Food Distribution Administration offices. Copies may be purchased from the Superintendent of Documents, Government Printing Office, Washington, D. C., for 5 cents each.


"FOOD FIGHTS FOR FREEDOM"—the November issue of the Consumers' Guide will contain a comprehensive article on the Food Fights for Freedom Campaign. Copies of this magazine, together with subscription blanks to be filled out by those who are interested in free subscriptions to Consumers' Guide, will be sent under separate cover to persons on the mailing list for the Nutrition News Letter.

New materials for promotion of in-plant feeding and nutrition education, as described in the News Letter for June 1943, are now available for purchase at cost from the Superintendent of Documents, Government Printing Office, Washington, D. C. The price list follows:

Cartoon Basic Seven Industrial Poster.....	10 cents each, \$4 per 100
Slogan poster "Good Food Is Good Work".....	5 cents each, \$3 per 100
Cartoon poster "Avoid Fatigue".....	5 cents each, \$2 per 100
Slogan poster "Feel Better—Work Better".....	5 cents each, \$3 per 100
"Fewer Accidents".....	5 cents each, \$3 per 100
"Eat 3 Well-Balanced Meals Every Day".....	5 cents each, \$3 per 100
Take-home chart "Eat a Lunch That Packs a Punch".....	5 cents each, \$1 per 100
Series of 7 cartoon table tent cards.....	10 cents per set, \$5 per 100 sets of 7

Booklet for management, "Your Employees Are No Better Than the Food They Eat."
(Copies may be obtained from your regional FDA office, in a limited number.)

Sincerely yours,



M. L. Wilson,
Chief, Nutrition and Food
Conservation Branch



W. H. Sebrell,
Associate Chief, Nutrition and Food
Conservation Branch

Enclosures